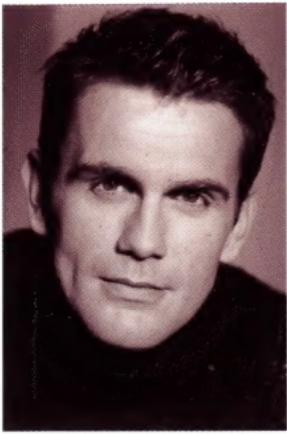


**meat-free
made easy**

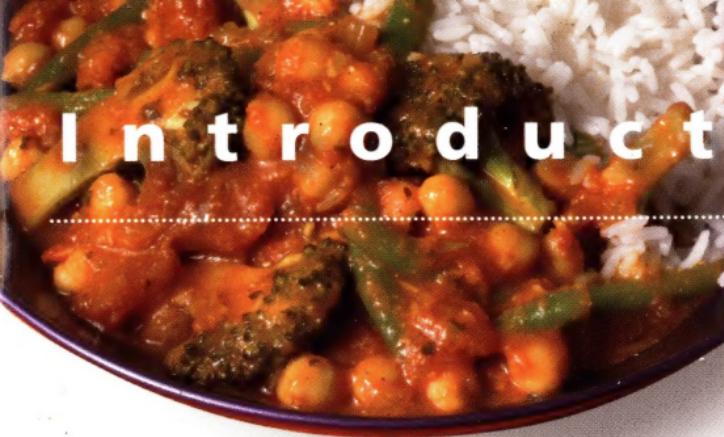
cooking simple veggie meals



foreword

Scott Maslen, actor

"I have a passion for vegetarian cuisine - it's healthy and it tastes great. Making delicious veggie food isn't difficult, but it helps if you know where to begin. I wish I'd had this recipe book when I became vegetarian. It will give you the head start you need to enjoy the benefits of a meat-free diet. So get cooking and surprise yourself!"



Introduction

contents

Modern veggie food is a world away from many people's expectations. It's full of flavour, texture and variety. Going veggie is easy - this recipe book shows you how to make simple, tasty meals on a budget. Even if you're new to cooking, our recipes will guide you through what to get and how to make it, step-by-step. And there's no need to visit any special shops, you'll find all the ingredients at your local supermarket.

So whether you're a new veggie, cooking meat-free for your friends, or just interested in trying veggie food, you'll find plenty of ideas in this book to get you started.

Some products such as cheese or pesto contain non-vegetarian ingredients, so look out for varieties that are marked as 'suitable for vegetarians'.

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simple veg soup

you need...

10 minutes

25 minutes

simple veg soup

- 2 tablespoons vegetable oil
- 1 onion, peeled and chopped
- 2 leeks washed, trimmed and chopped
- 1 litre light vegetable stock
- 1 baking potato, peeled and cut into cubes
- 2 handfuls frozen peas

How to make it...

Step one:

Heat the oil in a medium sized saucepan and fry the onion and leeks until soft.

Step two:

Add the stock and potato and bring to the boil. Simmer for 20 minutes.

Step three:

Add the peas and bring back to the boil, then simmer for 5 minutes.

Step four:

Cool slightly and blend until smooth with a food processor. Season to taste and serve piping hot with bread.



why not try this...

- Using parsnip instead of potato.
- Making a simple stew by adding a tin of tomatoes and chickpeas instead of blending.



mexi baked tortilla



15 minutes



15 minutes

you need...

2 tins red kidney beans, drained

squeeze lime juice (to taste)

5-6 teaspoons chilli sauce

4 spring onions, chopped

2 cloves garlic, finely chopped

4 large tortilla wraps

quarter block Cheddar cheese, grated

1 pot sour cream or guacamole

mexi baked tortilla

How to make it...

Step one:

Heat oven to Gas 6 / 200C.

Step two:

In a large bowl roughly mash the beans, lime juice and chilli sauce. Then add the spring onion and garlic.

Step three:

Spread half the mixture onto one wrap, keeping a border around the edge, then sprinkle the cheese over and cover with the second wrap. Repeat using remaining wraps and mixture.

Step four:

Place on a baking tray and cover loosely with foil. Bake for 10 minutes. Remove foil and bake for a further 5 minutes. Serve with sour cream or guacamole.

why not try this...

- Using jalapeno peppers instead of chilli sauce.
- Adding fresh herbs such as coriander.







5 minutes



25 minutes

you need...

- 1 tablespoon vegetable oil
- 1 onion, peeled and chopped
- 1 tin baked beans
- 1 tin chopped tomatoes
- 3 teaspoons mixed herbs
- 1 packet vegetarian sausages

hearty sausage hotpot

How to make it...

Step one:

Fry the chopped onion in oil until beginning to brown.

Step two:

Add the beans, tomatoes and herbs. Bring to the boil and then simmer until ready to serve.

Step three:

Fry the sausages until browned. Cut into chunks then add to the beans. Continue to simmer for up to 15 minutes until required. Serve with crusty bread.



why not try this...

- Adding some chilli to spice it up.
- Using a different variety of baked beans, such as BBQ flavour.





10 minutes



35 minutes

super spag bol

2 tablespoons
vegetable oil

1 onion, peeled
and chopped

1 red pepper
(seeds removed),
chopped

1 aubergine,
chopped

1 packet frozen or
chilled vegetarian
mince

1 jar pesto
(green or red)

2 tablespoons
tomato puree

2 teaspoons yeast
extract

½ packet dried
spaghetti



How to make it...

Step one:

Heat the oil in a large saucepan. Fry the chopped onion, red pepper and aubergine in the oil for about 10 minutes, stirring frequently, until reduced in size and softened. Add the mince and cook for a further three minutes.

Step two:

Add the jar of pesto together with 1½ cups water. Cover and cook for about 20 minutes, until the liquid is absorbed.

Step three:

Add tomato puree, yeast extract and black pepper (to taste). Serve with spaghetti, cooked according to the instructions on the packet.

why not try this...

- Adding 2 spoons chilli powder and serve with rice instead of pasta.
- Adding a little less water to make a cottage pie filling.





10 minutes



25 minutes

you need...

1 tablespoon vegetable oil
 1 onion, peeled and finely chopped
 3 tablespoons Korma curry paste
 1 tin chopped tomatoes
 2 large handfuls broccoli florets
 1 large handful frozen long green beans
 1 tin chickpeas, drained and rinsed
 1 tablespoon tomato puree
 ½ packet basmati rice
 2 – 4 naan bread

quick korma

How to make it...

Step one:

Heat the oil in a large saucepan and fry the onion until soft. Stir in the curry paste and cook for a further 2 minutes.

Step two:

Stir in the chopped tomatoes and broccoli and bring to the boil. Cover the pan and turn down the heat to simmer for 20 minutes, until the broccoli is cooked but not soft.

Step three:

Add the green beans, chickpeas and tomato puree, bring back to the boil and simmer for a further 5 minutes. Serve with basmati rice and warm naan bread cooked according to packet instructions.

why not try this...

- Madras or balti curry paste for a spicier version.
- Using cauliflower instead of broccoli.





fast fruity crumble



5 minutes



25 minutes

you need...

2 tablespoons
vegetable oil**1 packet frozen fruit**
(e.g. summer fruits
or raspberries)**2 tablespoons** sugar**1 handful**
porridge oats**1 tablespoon**
desiccated
coconut**1 tablespoon**
golden syrup

fast fruity crumble

How to make it...

Step one:

Preheat oven to 180C / Gas mark 5. Grease an ovenproof dish with a little of the oil.

Step two:

Put the frozen fruit into the dish. Sprinkle a tablespoon of sugar over and stir it into the fruit.

Step three:

Mix together the oats, leftover sugar and coconut in a bowl. Put the oil and golden syrup into a saucepan and gently melt. Then stir into the oat mixture and sprinkle all over the fruit.

Step four:

Bake in the oven for 25 minutes until the fruit is starting to ooze through the oats. Remove from the oven and serve straight away or leave until cool. The topping will be crunchy if served hot.



why not try this...

- A dollop of thick cream or ice cream on the side.
- Using chopped hazelnuts or walnuts instead of coconut.



ideas for sandwiches

cold

- Grated carrot and shredded lettuce mixed with hummus in a toasted pitta.
- Cheddar cheese ploughman's on thick wholemeal or white bread.
- Mushroom or chickpea pate with lettuce and cucumber in a roll.
- Goat's cheese and sliced beetroot on a bagel.

hot

- Avocado, tomato and mozzarella on a bagel, warmed in the oven.
- Veggie sausage baguette with tomato and mustard.
- Stir fry vegetables with cashew nuts in a warm tortilla wrap.
- Veggie burger with tomato salsa in a toasted bap.

baked potatoes

Most of our main course recipes make excellent fillings for baked potatoes, either as leftovers or in their own right. So if you're mad about spuds, consider using baked potatoes instead of rice or spaghetti.



menu planner

To help you get the most out of our book, this menu planner suggests ways you could enjoy these simple recipes. Remember to supplement your daily diet with plenty of fruit.

	breakfast	lunch	dinner
monday	Cereal	Cheddar cheese ploughman's	Hearty sausage hotpot
tuesday	Toast and jam with marmalade	Grated carrot and hummus pitta	Mexi baked tortilla and salad
wednesday	Scrambled eggs on toast	Chickpea pate roll	Super spag bol
thursday	Porridge with sliced apple	Simple veg soup	Veggie burger with salsa, salad and oven chips
friday	Beans on toast	Goat's cheese and beetroot bagel	Quick korma
saturday	Big veggie cooked breakfast (potato cakes, mushrooms, grilled tomatoes, veggie sausage, veggie bacon, free range egg, baked beans)	Avocado, tomato and mozzarella on french bread	Veggie ready meal and salad
sunday	Veggie sausage baguette	Stir fry veg and cashew nuts in a wrap	Baked potato with quick korma Fast fruit crumble

about us

The Vegetarian Society is an educational charity promoting understanding and respect for vegetarian lifestyles. We offer expert information, free of charge, through our extensive range of publications, recipe booklets and website. Our aim is to make a difference to the future of vegetarianism – for individuals, animals and the environment.

We work with the food industry to improve provision for vegetarians, challenging bad practice and rewarding the best. We also run National Vegetarian Week, which promotes the benefits of a vegetarian lifestyle to the public.

Our Cordon Vert School trains professional chefs to improve the taste, variety and presentation of the vegetarian food they produce. We also run special courses for the public.

If you'd like more information on our booklets and cookery courses, or if you're interested in joining The Vegetarian Society, please contact us below.



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